

Could you be the next CSI president?

BY LARRY WELLS

If you participate about the college community and a year to represent the student body running for Concordia's Students' Life president will be for you.

Nominations for the students' council Jan. 20 and applications for the president will be submitted by Jan. 28.

With the election meeting Feb. 3 students interested in running are required to meet with primary electoral officer Rhonda Wozniak before the application deadline.

"In the past students aren't always going to go over what happens during the election meeting. So I'm going to tell them how many students and how many board members will be asking questions and what to prepare for these 15 minutes ahead of time. I just want to make sure they have a good understanding of what will happen the day of on Feb. 3. That's all."

"I do have four applications handed in so far. Most of them are completely random students that the students body."

These four fall have paid positions provides the national candidate with leadership experience to be in the role as the spokesperson for the student body. The person pays about \$45,000 and keeps the title.

The president is responsible for attending meetings and giving representation as a representative of students.

While there was some uncertainty as to whether or not current CSI president Juan Woytek would run, he confirmed last week. "I have submitted a package - whether or not that package will be followed through with at this point is up to me - well not. My intent of this point is to be in run as CSI president, but I am accepting all some options - but it is something I want to pursue again. Woytek will be planned on finishing his first year by Jan. 28 which was after Rhonda's press deadline."

Two candidates who have already thrown their hat into the ring are Hughie Phares and Shayla Rose. Phares the current vice chair on the CSI board of directors and is currently completing a public relations program at Concordia.

"I'm on the board of directors right now - I love it. I love what CSI does and I think that we definitely try to make student life better and improve it the best we can. We really try to get student feedback. I like that there's a vote for the students and I like that students are able to be heard versus the University. From now."

"I like to interact with the students and really get their voice heard. Generally our orientation is key - whether it's internally or externally with the students as obviously they're responsible that they know what's going on. I'm getting a lot of work into this so I'm hoping that CSI gets the president they deserve."



PHOTO BY LARRY WELLS

Current CSI president Juan Woytek intends to run for the position again.

who will do the right thing for the organization and for the students. I have such a passion for this and leadership as a whole. I'm inspired by students on a daily basis and the organization."

Rose has been busy making presentations about his candidacy in classrooms and has been more creating a social web boards as part of his campaign. Rose a former board member and follower of CSI events and he plans on bringing greater account ability and transparency to CSI and is excited about the students.

"I think I could be the change this college needs. I have both educational and leadership training outside that I have experience with customer service and a lot of people will point to my experience on the board of directors in 2013 2014 as a leadership developer. So next as he walked the hallway wearing a sign saying stu-



PHOTO BY LARRY WELLS

CSI presidential candidate, Shayla Rose, can be seen at Concordia College.

dent to ask him anything.

"I want to hear what the students think they're very open someone who is what they want me to change. I write it down."

He who demonstrated the winner?

"You - one of. Current students who pay fees and run around attending the election meeting that will determine the winner will be elected to post the

democratic process. Students who participate as a member of the presidential election committee will have a speech and campaign platforms on Feb. 3 and determine the next CSI president."

For more information on getting involved contact presidential electoral officer Rhonda Wozniak at wozniarh@concordia.ca or stop by the CSI office.

National Non-Smoking Week comes to a close

BY BOB STAMPER



PHOTO COURTESY OF THE CANADIAN NON-SMOKING SOCIETY

There are Concordia College students who smoke. Concordia's anti-tobacco coalition will fight back. The week took place from Jan. 15 to 20.

Yesterday marked the end of National Non-Smoking Week for Concordia's recent tobacco-free campus.

Every January 1977, when it was first founded by the Canadian Council for Tobacco Control (CCTC), the week has been held during the third full week of January and has since a theme that affects those years past with this year's theme being Truth in Advertising.

This theme was chosen by the CCTC as a way to enlighten consumers about the truth behind cigarettes and also the packaging and what it truly is designed for.

"If tobacco companies were truthful in their advertising their packaging would be in the shape of a coffin," said Bob Walsh, executive director CCTC. "It's no secret that cigarettes are the most dan-

gerous product on the market - others such as alcohol may have a 50 per cent fat rate. Yet the tobacco industry continues to use misleading and deceptive packaging to attract youth and to make their deadly products appear safe."

66 Tobacco companies were truthful in their advertising, their packaging would be in the shape of a coffin 99
- Bob Walsh

The most goals of National Non-Smoking Week are to educate Canadians about the dangers of smoking, to prevent people who do not smoke from beginning to smoke and becoming addicted to tobacco and also to help people quit a goal that is also shared by

the Canadian Cancer Society. "Until Feb. 28 the Canadian Cancer Society is encouraging tobacco users across Ontario quit smoking for the chance to win a new car or other special prize on the 28th day of Feb. Challenge your friend, family, workplace, business manager for the Canadian Cancer Society."

The key event of National Non-Smoking Week was an open house Wednesday, a one day approach to quitting smoking for those who might be scared off by the concept of a full week or a full tobacco without cigarettes.

The next National Non-Smoking Week will be held Jan. 15-20, 2015 with more details on the event to be released throughout the year next year.

For anyone wishing to register for the Canadian Cancer Society's 28 Days to Quit Challenge visit www.28days2quit.ca.

Students encouraged to get involved

The humane society, Canadian Cancer Society and Ray of Hope were just some of the organizations that participated in the Get Involved Fair

BY CARRIE MCWILLIAMS

Conestoga College students find the opportunity to become involved with the school and community at the Get Involved Fair.

On Jan. 18, students at the university and department at the college set up booths at the Student Life Centre and the 33 wing, handing out pins, phone pictures, fun facts and information about their organizations. Students could visit each display and learn what the agency does for the community or attend and participate in activities about how they could potentially volunteer at these places.

“It really helps boost a resume, it really helps boost a network, and Conestoga is about building them.”
— Laura Black,
a Student Life programmer

“At most of the volunteer companies we try to find community partners that are close to that area, and that are very passionate and want students involved with their work,” said Laura Black, a Student Life programmer at

Conestoga. The mostly about getting students involved in more than just the basic classroom requirements so that they can start building networks for professional networking to get into building an new skills and having their leadership a little bit more.

The Get Involved Fair takes place in the fall and winter usually during the third week of classes at the Waterloo Campus, North and West campuses.

“We had it outside once at the campus, which was great, Markham.”

Community partners at the fair included the Canadian Cancer Society, Sexual Assault Support Centre, the St. Michael's Hospital, Humane Society and Ray of Hope.

Many of the organizations that came to the Get Involved Fair do outreach work.

“A lot of people have a lot of good things to say about the Get Involved Fair and how when we send the invitation out to get there, we send out a lot of good things to say about the fair. I already have some people looking forward to visit again, which is great, and we are always looking for new community partners who want to get in.” Black said.

Partners come specifically to Conestoga for the fair. It gives the agencies the opportunity to network with the students, but spread the word about what



PHOTO BY CARRIE MCWILLIAMS

Aime Gruber (left), a special events manager, and Melissa Gosselin, a development co-ordinator for the Humane Society, are handing out pins to students about the services at the Humane Society. In the background, a student is looking at a pin on the table.

they do. It is also a chance for students to sell themselves and find work placements. All the services run all year, so students who are interested in volunteering are able to

“I think it is another opportunity to build on their (students’) skills. It really helps to have a chance to really help boost a network, and Conestoga is about building

those. One way of doing that is volunteering and getting involved in different ways. Black said. “I strongly encourage students to come out and do so or to call to get it.”

Conestoga residence deals with students' dirty laundry

BY CARRIE MCWILLIAMS

Conestoga's residence building officially closed its basement on Jan. 18, preventing students from using the main laundry facilities and game room, due to concerns that to repair damage from a broken pipe under the stairs.

In a letter to students living in residence, an alternative to the on-site facilities was given.

“We are offering students access to a laundry service,” the letter says. “The laundry service will pick up items and then resupply your laundry and deliver it back to you within a 24-48 hour time period.”

Students' laundry is being sent to a 24-hour service located in North York. Students who

use this service will pay \$1.45 per load washed and another \$1.45 for it to be dried at \$3.20 per load. The price is the same as the main facility.

Also in the letter is a request for students to inform the floor care staff of their laundry and when they can expect it to be returned.

Students that have spent washing or drying requests must be separated, as they can be used to have a role of instructions. The letter always agreed that however.

“We are disappointed,” we discussed not using such items.

Students who purchased laundry cards should expect refunds eventually according to the letter.

“We are currently working on a process to refund funds on your current laundry cards

More details will follow once this is resolved.

Students trying to ensure their students and everyone is happy.

Sherry Thorne, a first-year student, said she was told to leave her laundry rather than use the service.

“If they love your clothes, it's your fault and then we're going to wash it for you, it's not your fault,” she said. Thorne said, “I'd rather go home to do it than dry.”

The letter also says that students who use the laundry service will be responsible for lost or damaged clothes.

As of Jan. 18, there was no plan to have the residence laundry service to be replaced by the basement service to repair.



PHOTO BY CARRIE MCWILLIAMS

The basement of Conestoga's residence building was closed off, preventing students from using the main laundry facilities, due to concerns.

List gives resolutions the finger

BY ROBERT MCGILL

If by this time in the new year, your New Year's resolutions have either faded or are in the back of your mind, something like this column. To say the least, our column seems to have a dysfunctional relationship with resolutions. Maybe you started the year all intent, passing through a new resolution, eating better and making a happier healthier you. However, the New Year's high soon tend to wear off, leaving you with a sense of failure and guilt.

One writer has become fed up with her dysfunctional relationship with New Year's and has decided to put a new spin on her resolutions. Charlotte MacFarlane's column was sent, created for New Year's. It is a list on MacFarlane's Internet site that shows short stories and ideas.

"Plausible things I'm going to stop giving a f--- about in 2024," said MacFarlane in her story's opening. "Because so important as it is to push yourself to it is to push yourself to be a fool that most common sense persons that live in the world would not be. Making to give a f--- about when you can't put away a kind of nonsense."

Among MacFarlane's 14



PHOTO BY ROBERT MCGILL

Everyone has to grow old, but that doesn't mean we have to grow up. A 10-year-old resident puts in touch with his inner child and plays in his legs and discusses on Jan. 20.

Design are some of the following:

"Quitting. Yes, it's the 9th on the list. She asks the question, 'Why are New Year's resolutions always about ending

ing bad habits?' The piece is in full about how much she expects her mind and how her bad habits have shaped her, just as much as her good ones.

This year is to have everything as a masterpiece.

Another on MacFarlane's list is growing up. For this part of her story she simply writes

"And give up my love of dance moves and legs?" It is that.

The idea of being what you are, not in physical and mental health, is a second year bookend student at Gonzaga College. "There were no more years were told that we have to be older to do things like go on a ride at the theme park. Which is kind of funny. I think every one goes to a point at which they want to be younger and have the world still play and then."

MacFarlane also writes about breaking habits. "I made these mistakes for a reason. The first I can do is to see how they are. And also on the list is saying relationships that don't make you happy. Having yourself to become a morning person and putting me away."

Writing is not as difficult MacFarlane talks about her usual misadventures and how in the past she would try and force herself to be outgoing and to trust. She also relates that trying to be something other than is not as satisfying. She states that the last two

If your New Year's goals have been your dream, maybe it's time to take a look at MacFarlane's list. It can be found at <http://blogs.oregonlive.com/14-things-to-stop-giving-a-f---about>

Non-profit recycles and rebuilds computers

BY ROBERT MCGILL

In this day and age, many products are not built to last. Some seem to function just months after purchase despite cheap engineering prices. Computers and other such technology are some of the best examples of rapid obsolescence. Many are waste-making products that leave the landfills of waste near and far. This is clearly an issue in need of change, and Computer Recycling aims to address it.

The program became part of the downtown Vancouver Working Centre since 18 years ago as part of a volunteer initiative to bring the world of computers to those who could not afford one and to teach those people how to use the computer. The program provides a way to solve computer problems, should they arise.

Starting with just four computers, the program has expanded its services to over 200 machines available for sale and use. The current speakers in the rebuilding, recycling and repair of computers as well as offering technical ser-

vice to those anyone at how to properly operate a computer.

"We do a lot of post-to-post training," said Christine McClellan, the current head of Computer Recycling. The volunteers helping other volunteers have the process of building, learning about, and using and even basic programming.

For a small downtown volunteer in the program, well, the program for you but the use of the program is to educate as opposed to simply act as a standard computer store.

Computer Recycling is an affordable outlet for purchasing computers and individual parts. According to McClellan, most of the computers and parts that they receive are donations from the community. The prices offered are individual items or set in such a way that they are affordable to most. The financial situation can be put; those funds on the store of those items if it happens to be in stock.

"We try to keep prices to what people can actually afford. Something like an



PHOTO BY ROBERT MCGILL

Joe First, one of the volunteers, is working on a computer. Recycling, with the help of volunteers, computer parts.

HP400 cable that would normally be sold for about \$40, we might offer you one for \$12. McClellan said. The system is heavily based

on, unrecycled, printed as well as sustainability of parts. If someone is in a rush and needs a cable, which we have many of, we'll probably

just give it away for free. McClellan said. Prices range from a few dollars for cables to over \$150 for a PC in good condition. Computer Recycling also offers special reduced pricing for students, with more going to low-income customers as well.

When defective parts are found, Computer Recycling is able to quickly and cheaply dispose of electronic waste. "We want to keep things as green as possible," said an organizer. The shop operates as a rebuilding, we make sure to take extra care when selling through the used computer, so that would normally be thrown straight away.

When asked about the loss for the program, McClellan said, "You get this good feeling when you can help someone out without the need to sell them something. It's the kind of help that brings a community together."

For more information, contact Computer Recycling at 815-740-1165, ext. 120 or by email at info@vancouverrecycling.org. The program is located on the basement of 400 Queen St. W. and is open Tuesday to Friday from 10 a.m. to 5 p.m.

The lasting effects of the Great Recession

70 is the new 60, but is 30 the new 20?

BY TYLER BARTON

Like many of the global events which have defined human history, the Great Recession, which began in the U.S. in 2007 and now lingers across the world, by 2020 has changed perhaps forever the way we must envision the realities of our lives.

In an October 2012 Toronto Star opinion piece entitled "Time to bust myths about youth unemployment," Ontario Premier Kathleen Wynne said "Seven Ontario young people are struggling to find jobs, the unemployment rate for Ontario youth is 14.4 per cent and here in Toronto it's even higher: 18.3 per cent." Wynne emphasized: "The challenges this generation faces are not the result of entitlement or laziness."

That staggering unemployment rate is due in part to a change in opinion regarding the age of retirement in North America. That was brought on by the global recession of 2008.

Employers that used to hire more than one stu-

dent are now contented to use a team. Even if they're doing well, they're not as liberal with their spending, said Monica Goetz, an expert at Gonsky College Knowledge Relations and Job Development. "That's one of the disadvantages of the recession. If you learned how to do without during that time period, people aren't going to go back and pump up the hiring or keep as many people because they perceive it themselves that they can work on a ultra lean budget and less resources and still achieve the same objectives as they just do without."

At the time of the last recession, many baby boomers lost their investments, jobs and overall security at the peroxide of their working lives. Here in Canada, the recession was not as extreme as it was south of the border but, given negative impacts were felt and are still emerging, judging from the statistics today. According to the 2012 Sun Life Canadian unemployment barometer, just over a quarter of Canadians expect to retire by

the age of 60. The same index reports that more than three out of five respondents say they will work through retirement because they "have to."

Potential retirees are staying in the workforce much longer than they used to, and they're living a lot longer too. According to the World Health Organization, the average life expectancy for a Canadian today is 82 years old.

Life expectancy remained fairly constant for most of human history up until the last century when there was a dramatic two-fold uptick in global life expectancies due to the advent of modern medicine.

In a 2004 study entitled "World Population to 2040," the United Nations population division projected that life expectancies in most developed countries will be between 80 and 85 years and still rising by 2020, though at progressively slower rates.

The same study held, though, that even though retirement that has so long gone untried will reach an age of opportunity, not all workers will have the services and tools and imple-

mented in the way humans age is opposed to treating the aging process itself.

With respect to starting work, life researchers worry that millennials will, and perhaps already are, being a phenomenon called "hoarding" which translates long-term negative economic and social effects. The term, according to a companion of the traditional coming-of-age experience, 20- to 24-year-olds are expected to have.

The 20-something age group is a subset of the population who are stuck somewhere in between adolescence and adulthood. They value experience and higher education and must supportably freedom from the conventional expectations and obligations that usually accompanied early adulthood. Like many young managers, children and women. Psychologists more accurately call this phase "young-adulthood."

A growing subject in the field of research psychology, "young-adulthood" is characterized by five dis-

tinct features according to Clark University psychologist Jeffrey Jensen. These include: identity exploration, unstable feeling in between, a sense of pessimism and self-focus.

The changing form of traditional expectations has been brought on by life expectancy improvements but applies only partly-started by the Great Recession. Boomers are staying employed longer and the millennials are starting work, getting married and starting young human lives.

The average retirement age in Canada is increasing to life expectancy and a mid to "middle" instead by constant adjustment as parallel.

Unforeseen repercussions of the Great Recession are making a perhaps shift in our moral compass of what it means to be an adult.

While millennials are redefining the purpose of work, are increasingly everywhere they triumph in the fact that they are the most educated in human history yet protest about the moral unemployment moral codes since the Great Depression.

Largest, longest running, the quality

JOB fair

Network 4
Success!

Wednesday, February 5

10am – 3:30pm

RIM Park, Waterloo

- Hundreds of jobs – one place, one day
- Hiring for full-time, part-time, seasonal, temporary and part-time jobs
- Free transportation to and from the fair
- Admission is FREE and available to degree/diploma students and alumni of the four sponsoring institutions with student/alumni ID

partners4employment.ca





HOROSCOPE

Week of January 27, 2014



Aries
March 21 -
April 19

Nothing is easy, and it starts now. The summer break is only a few months away, and dreaming you can relax could either that, and beyond this weekend. Think ahead.



Taurus
April 20 -
May 20

This time, make it do. But even long passages happen one step at a time. Move down a bit. This weekend. Dreaming.



Gemini
May 21 -
June 21

Beating can make everyone better, including you. Release a red slushy, surprise someone to make yourself feel good. This weekend. Giving good.



Cancer
June 22 -
July 22

Mistakes are made all the time, so do not suppose you have made them. The key is always to learn from them and to move when they are made. This weekend. Dreaming.



Leo
July 23 -
August 22

You may find yourself feeling misunderstood, don't let that bother you. You will understand it in time and faster if you choose to explain yourself. This weekend. Dreaming.



Virgo
August 23 -
September 22

You have a lot of things you want to do, but don't let take you from the time. Organizing your days may help you get it all what you really want. This weekend. Dreaming.



Libra
September 23 -
October 22

Confidence. You can see the same of our reality. Don't worry, they seem to be pretty strong. Let me check.



Libra
September 23 -
October 22

These things will, it can be very easy to get lost in the landscape school and make take some time to look at all of the angles. This weekend. Dreaming.



Scorpio
October 23 -
November 21

They say the best still are in a good defense that that doesn't really apply when talking to people. Open up. This weekend. Dreaming.



Sagittarius
November 22 -
December 21

Chemistry is a science. When it is too hot it can be destructive. Analyze your chemistry with these ideas to you, not what you find. This weekend. Dreaming.



Capricorn
December 22 -
January 19

Definitely, you mean a lot when there is a lot of pressure. Pressure, right now, and you will be stronger for it. Things will happen up. This weekend. Dreaming.

Oh Cliff!

Somewhere there is a harem on the beach, calling Cliff. Consider the noise.

Useless Facts

Thyristors are the only electronic devices that can be used to produce enough power to heat the cup of coffee.

The average person's brain is about the size of a walnut.

Hammers are the only weapons that don't have a handle in the palm of their hands.

Thirty-five per cent of the people who use popcorn eat for sleep are already married.

It's possible to read a cat's mind, but not its dreams.

Statistics look with their foot.

Sudoku Puzzle

		8						9
2	6	7	9		4			8
			1				3	
	2		4	5	6			
7								2
		5		8			4	
	4				1			
1			6		9	2	8	4
5						1		

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodate the digits 1-9 without repeating any.

Word Search

Sci-Fi Movies

T	B	M	H	Y	Y	E	R	N	S	I	R	A	L	G	S		ALIEN
A	L	E	P	A	R	V	A	V	T	B	L	N	T	X	E		AVATAR
E	A	X	C	O	N	T	A	C	T	E	H	R	N	A	P		BLADE RUNNER
B	D	E	A	Q	R	Q	T	U	H	T	A	G	E	P	M		CONTACT
H	E	C	E	I	W	J	E	O	M	S	T	D	L	C		CUBE	
O	R	N	X	M	Y	R	L	S	S	E	A	C	W	E		HELLBOY	
P	U	P	O	P	T	L	N	F	I	O	O	F	N	V		DUNE	
B	N	O	I	K	E	O	N	R	B	Z	Z	L	E	P		EPIC	
L	N	Q	U	O	E	R	C	A	O	R	O	V	E	T		ETERNAL	
T	E	F	Y	S	M	E	T	R	E	B	U	C	Y	L	E		EXTRA
C	R	O	B	E	S	J	R	D	S	X	O	K	A	N		INCEPTION	
L	N	O	F	T	O	V	T	R	E	D	E	A	T	O	R		METROPOLIS
B	J	S	I	A	Y	R	S	E	R	A	T	A	V	A		ROCK	
X	L	O	J	V	A	Q	Y	T	I	N	E	E	S	S		ROCKY	
P	N	L	N	T	W	M	E	T	R	O	P	O	L	I	S		SERENITY
U	X	M	S	T	A	R	W	A	R	S	E	M	O	T		SOLARIS	

Spotted bullying at Conestoga

BY TARA HENRI

Conestoga there is offensive language posted in the study hall.

"All I wanted to do was expand this college and make it a better experience," John said.

"Originally the page was created to get students concerned," John added.

John and Jane (pseudonyms) are the creators of "Spotted at Conestoga." They set down to evaluate their successful Facebook page.

John wanted to ensure anyone because they want the website to be funnier rather than having it targeted to actual people.

"Spotted at Conestoga is a public page where students can post messages that are mostly negative about anything related to campus-related," the creators then evaluate the message and report the approved status leaving the original poster virtually untraceable.

"For example, 'To the games who back when speakers to be an incubator on level of confidence.' Thanks for making my night for the last a bit better. Literally the last who just had a lovely night shut at a hot food restaurant."

"It's a page that people can

come and go on where people and opinions are not real, but generated for what they say," John said.

"This isn't some new site that we just started the one for this school," John added.

"Spotted at Conestoga is a spirit of other learning are variety and college sites like Spotted at Conestoga," John said.

John and Jane believe that the anonymous factor is what gives the page its allure.

"I'm posting other people's messages anonymously so they have the safety and security that no one is going to find out who says what," which is why no one also recognizes," John said.

"As soon as I tell people I own the site it increases their vulnerability."

"It will more and shift everyone related elsewhere. The site must have the same role," John said.

"Spotted at Conestoga was established on Oct. 17, 2013 and has more become a public outlet for over 3,000 students."

Through the site, John shares a lesson to be treated without being named, many anonymous posters have recently fallen victim to bullying.

"Looking for interest in a crush, asking for advice or just venting about a hard day

has turned into an invitation for harassment."

These students are making fun of the students making the students a party or 'troll'.

Thus leaves the students poster two options: remain anonymous and accept the calling, more of my identity or respond and be found out, which may come with the price of more public online harassment.

“It's not how many people still bully in college — it's how to grow up.”

— Spotted at Conestoga creator

The page creators are aware of the recent growing issue and feel bullying "is hard to avoid."

"People will think of ways to bully, so inevitable on most or where you are. I don't post things that I think will come back to harm the original poster. I don't post any thing that defames, racism or comments negatively on teachers. And definitely no racism or anything like that," John said.

Others are spread out

"Spotted at Conestoga — Unconcerned," has become a consistent public forum for bulletin to negatively outcast students without having to take responsibility.

"The site has created an outlet for students to discredit and defame."

John and Jane said they have nothing to do with this site.

"It's not how many people still bully in college. It's how to grow up," John said.

The creators would like to see more reporting posts but still welcome the message "to grow up, you need a public outlet for these frustrations."

John and Jane posted the following concerning comments less than an hour after their interview. "I'd like to take a minute to discuss the purpose of this page. Spotted at Conestoga has increasingly been receiving complaints and anonymous from students rather than what the type of posts should be. Spotted at Conestoga is not a place to vent your frustrations, things around the college. If we can all make an effort to address what this page is about, it will be less and less on what college should be. This page will be more often used in spreading a positive message instead of a tainted source of rumor-operated defamations."

Overall, we are proud of the page. "People have created relationships through Spotted at Conestoga," John said.

One post mentioned John and Jane thinking about creating the site after an anonymous note "to ask post," which was posted late in a weekend here.

"The page has done a lot of good," John said.

Many posts have done more than spark relationships.

A couple of recent posts have proven them to be good friends.

"I guess someone I'd built and I found one with me."

John said, "I found one with me. My friends in school look like us. The university office hopefully you get it back. I said a post from John."

"Thank you so much to who are posted upon personally and brought it to the bar, and found. My life is so hard, and another part from John."

Once the Spotted creators graduate they plan on passing the site onto two new responsible students.

"The site comes with a lot of power," John said.

"It's not just responsibility to know the names and faces to the students."

"But it's all already said," John said.

"Though we are surprised by how many students trust us."

Check out a human book at Conestoga College's library

BY TARA HENRI

The library offers a wide range of collections, from rare books from 1700s and CDs to fun and old records.

However, on Thursday, March 6, Conestoga College's library resource center is taking on a new structure, leaving out "Human Book" from 10 a.m. to 3 p.m. on part of Spring Week.

and are willing to discuss their vision with others.

Human Library Day on 14 March, 2014, is a chance for students to meet and learn from each other. The event was made to "break stereotypes by challenging the most common prejudices in a positive and humorous manner" as the organization states.

"It is a concrete, easily transferable and affordable way of promoting tolerance and understanding."

Human Library has been known as inspiring international events.

Elizabeth Springer is a Human Book reader at Conestoga College's Human Library event.

"We are coming for 15 books this year. We might even bring back some others from last year like a female chess player, or more stereotypically, someone in a drug shop," Springer said.

"The idea is to let people to know the other side."

Springer also mentioned a couple of female students who volunteered on the past to talk about their life with

depression.

"People are personally sharing their life stories. It's a fantastic opportunity to challenge your assumptions."

Laura Black, a Student Life programmer, said that

"it's unique and inspiring opportunity that should be shared with others."

Individual students will find locally students can drop in anytime on the day of the event. However, teachers are encouraged to

sign up classes interested in attending by Jan. 31 at registration@conestoga.ca.

Books to read will be released in late February.

To learn more about this interesting event, check out humanlibrary.org.

Mindfulness Group

Are you...

- Finding that stress or your mental health concerns are impacting your academics?
- Interested in learning strategies around mindfulness and meditation?
- Wanting to develop some tools to help ground yourself and increase self-regulation?

With sessions on Feb. 12, Feb. 19, Feb. 26, the Mindfulness Group will provide an opportunity for learning practices and supportive discussion.

This program is offered support group will provide 6 weeks beginning February 2014. The first session will be on Feb. 12. The group will be facilitated by a trained and certified facilitator.

Please register early as the group will be limited to 10-12 participants. Registration deadline is February January 20, 2014.

To register:

- Email learningdevelopment@conestoga.ca or call us at the office of Counseling Services in the M&D.
- Please provide your contact information, previous programs, copy of your schedule, phone and email.

A group facilitator will contact you prior to the group to confirm registration and group location.

Group Facilitators: Amanda Beckford and Linda Jacobson.

Counseling Services



mindfulness

“It's a fantastic opportunity to challenge your assumptions.”
— Elizabeth Springer

Elizabeth Springer will have the chance to "become a Human Book" for an afternoon in March.

It is a human book, or explains these books to "it" person that has chosen to be a public representative for a certain group. They are conversations people who stand by their convictions.



CAMPUS GAMING LEAGUE



WE ARE LOOKING FOR SERIOUS PLAYERS WITH A COMPETITIVE INSTINCT TO PARTICIPATE IN THE PROVINCE'S FIRST CAMPUS GAMING LEAGUE.

CONTACT ZACK AT ZBOODER@CONESTOGA.ON.CA FOR DETAILS ON HOW TO GET INVOLVED.

CONESTOGASTUDENTS.COM/CSIL



YOU WILL BE FIGHTING AGAINST GAMERS FROM SIX OTHER COLLEGES ALL AROUND ONTARIO



NOW RECRUITING

CSI PRESIDENT

CONESTOGA
STUDENTS

One year, full-time paid position for any recent graduate who is passionate about the Conestoga Community.

Application packages available at any CSI Office, as well as on our website.

Applications due, no later than Friday January 31, 2014.

conestogaStudents.com



LET US HEAR YOUR VOICE,
CONESTOGA STUDENTS!